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AMERICAN FOC
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U. S. Department of Agriculture

FOODS RICH IN CALCIUM

- Almonds
- *Amaranth
- Beans, common or kidney, dry or fresh,
shelled; also snap or string
- *Beet greens
- *Broccoli
- Burdock, roots
- *Buttermilk
- Cabbage and cabbage greens
- Cabbage, Chinese
- Carrots
- *Cauliflower
- Celery
- *Chard
- *Cheese
- Cheese, cottage
- Chickpeas
- Chicory, leaves
- *Clams
- *Collards
- Cottonseed flour
- Cream
- *Dandelion greens
- Dock or sorrel
- Eggs, whole
- Egg yolk
- Endive
- Figs, fresh or dry
- Hazelnuts
- *Kale
- Kohlrabi
- Leeks
- Lobster
- Maple sirup
- *Milk, whole or skimmed; evapo-
rated, condensed, and dried
- Molasses
- *Mustard greens
- Okra
- *Orach
- Oranges
- Oysters
- Parsnips
- Rutabagas
- *Sesame seed
- Shrimp
- Sorghum sirup
- Soybeans
- Soybean flour
- Spinach
- Turnips
- *Turnip tops
- Watercress

*Excellent

List based on data from a number of sources, chiefly from Sherman's "Chemistry of food and nutrition," 4th ed., 1932. Fresh fruits and vegetables here included average .045% or more; those marked as excellent average at least .100%. Drier foods here included, and those used in smaller quantities, as dry vegetables, dry fruits, seeds, nuts, and sirups contain correspondingly higher percentages.

FOODS RICH IN PHOSPHORUS

- Almonds
- *Barley, whole
- *Beans, common or kidney, dry or fresh, shelled
- Beans, lima
- Brussels sprouts
- Buckwheat flour
- *Buttermilk
- *Cheese
- *Cheese, cottage
- Chickpeas
- Clams
- Cocoa
- Collards
- Corn, green, sweet
- Cornmeal
- *Cottonseed flour
- *Cowpeas, or black-eyed peas, shelled
- Dandelion greens
- *Eggs, whole
- *Egg yolk
- *Fish
- Hazelnuts
- Kohlrabi
- *Lentils
- *Lobster
- Meats (having more than 6% protein)
- *Meats, lean or medium fat (having more than 12% protein)
- *Milk, whole or skimmed; evaporated, condensed, and dried
- Orach
- *Oysters
- Parsnips
- Peanuts
- *Peas
- Pecans
- Rice, brown
- *Rice bran
- *Rice polish
- Rye flour
- *Sesame seed
- *Shrimp
- *Soybeans
- *Soybean flour
- Spinach
- Walnuts
- *Wheat, whole grain, graham or whole wheat flour
- *Wheat bran
- *Wheat germ

*Excellent

List based on data from a number of sources, chiefly from Sherman's "Chemistry of food and nutrition," 4th ed., 1932. Fresh fruits, fresh vegetables, and meats here included average .065% or more phosphorus; those marked as excellent average at least .130%. Drier foods here included, and those used in smaller quantities as dried vegetables, dried fruits, cereal products, seeds, nuts, and cocoa contain correspondingly higher percentages.